http://images.acclaimimages.com/_gallery/_TN/0006-0409-2112-5552_TN.jpg**Soccer Task Card 1**

**Task – 1 Passing, Dribbling & Trapping**

**Coach Tips:**

**Dribbling:**

* Keep the ball close to your feet
* Keep your head up
* Balance yourself with the right or left leg
* Tap the ball with alternate feet from inside or outside of your foot, to the right left or forward

**Passing:**

* Keep your head up
* Swing one leg and balance your weight on the other
* Kick the ball to your partner to complete the pass

**Trapping:**

* Position yourself behind the ball
* Keep your leg soft at an angle behind the ball

**Can you**

* Dribble the ball between the cones with both the legs 5times.
* Pass with right leg 2times- Ground pass, long high pass.
* Pass with left leg 5times-Ground pass, long high pass.
* Trap with right leg 2times
* Trap the ball with left leg 2times

http://images.acclaimimages.com/_gallery/_TN/0006-0409-2809-2406_TN.jpg**Soccer Task Card 2**

**Task 2 – Side Line Throws & Heading**

**Coach Tips**

**Throws**

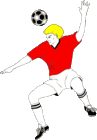
**Parallel throws**

* Stand with both your feet close to each other
* Swing your hand over your head throwing the ball forward
* Keep both your feet on the ground

**Diagonal throws**

* Take a forward step position
* Swing your hand over your head throwing the ball forward
* Keep both your feet on the ground

**Heading**

* Keep your eye on the ball
* Head the ball with the forehead

**Can You**

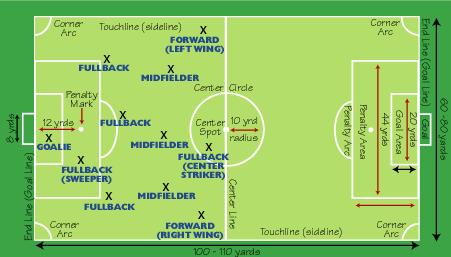
* Make 5 Parallel & 5 diagonal throws
* Show 5 standing headers & 5 jump headers on the target.
* Apply your offensive and defensive skills during the course of soccer game

**Soccer Task Card 3**

**Task 3 – Rules & Regulations**

* Do you know the rules and regulations of the game?
* What do you understand by team work?
* Can you officiate the game?

|  |  |
| --- | --- |
| **STOPPAGES AND RESTARTS** | |
| **TYPE OF STOPPAGE** | **RESTART METHOD** |
| **Ball crosses sideline** | **Throw-In** |
| **Ball crosses goal line, last touched by offense** | **Goal Kick by Defense** |
| **Ball crosses goal line, last touched by defense** | **Corner Kick by Offense** |
| **Non-serious foul** | **Indirect Free Kick** |
| **More serious foul** | **Direct Free Kick** |
| **Most serious foul or foul by defense in penalty area** | **Penalty Kick** |
| **Injury or uncertainty** | **Drop Ball** |

http://images.acclaimimages.com/_gallery/_TN/0006-0409-3014-3615_TN.jpg